

Food and Mood




**Adapted from the Weigh to Live Program
Darnall Army Community Hospital
Fort Hood, Texas**



Remember Your Purpose

I am attending this weight management program because I want to do more than lose weight.

- ✓ I want to obtain the knowledge necessary to allow me to transform my relationship with foods, eating and the way I move my body.
 - ✓ I want to become aware of attitudes, habits and eating patterns that have kept me at an undesirable weight.
 - ✓ I want to know why I choose to exercise or not.
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How have you been doing?

- ✓ Changes Noted
- ✓ Keeping Food Journals
- ✓ Hunger/Satisfaction
 - Eating every 3-5 hours?
 - Stop eating when just satisfied?
- ✓ Drinking water?



Emotional vs. Physical Hunger

- Why do we eat when not hungry?
- How do we feel after we eat because of these emotions?
- Does body image play a role?
- What can we do to break this chain of events?
- How can we get stronger?

Boredom

☞ Create Distractions

- Pay bills
- Mow the lawn
- Clean the garage
- Take out the trash
- Sort the laundry
- Polish boots
- Wash the car

☞ Be creative

☞ Look for more meaningful things in your life



Anger

Crave

- Crunchy, Spicy, and/or Hot foods

Other meanings of anger

- Frustration
- Fear
- Sadness
- Hurt
- Jealousy

Decide to take action

- Confront – make “I” statements
- Forgive

Counseling may be helpful



Fear

☞ Crave

- Smooth and creamy foods
- Comfort foods

☞ Need nurturing and love

- Seek from yourself first

☞ Identify what you fear

- Counseling may help



Stress

- ☞ Stress changes appetite
 - Up or down
- ☞ Use stress management techniques
- ☞ Exercise
- ☞ Listen to what your body is telling you
 - I've had enough...
 - I need alone time...
 - I want to say no...



Fatigue

- Crave – sweets and carbohydrates
- Take a nap
- Get up and move
- Try not to overeat
 - Leads to drowsiness
- Rearrange schedule to get at least 7-8 hours sleep a night



Body Image



Know that a certain body type or size will not bring happiness – accepting yourself, and loving who you are will bring happiness.

"Don't weigh your self-esteem on the bathroom scale."

Behaviors Associated With

Poor Body Image

- ☞ Chronic Dieting
- ☞ Periods of Excessive Exercise
- ☞ Appearance Checking
- ☞ Weighing every day or more
- ☞ Avoidance of social events

Common Thoughts Associated with Poor Body Image:

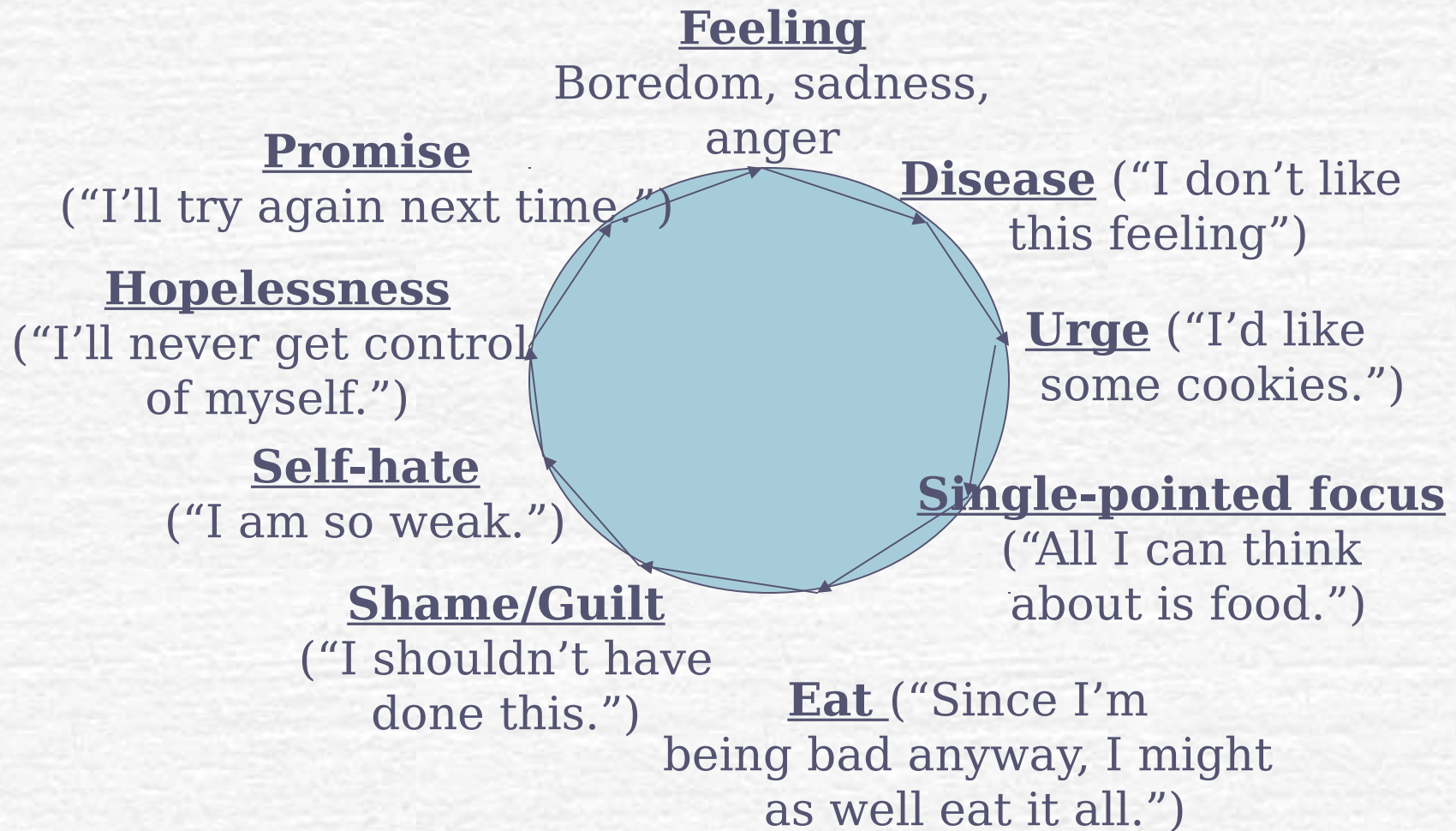
- Compare your looks/shape to others → "I wish I..."
- Self-critical → "I'm so big"
- Self-conscious → "What if he/she doesn't like this outfit"
- Self-berating → "Can't I do anything right?"

Feeding Frenzy



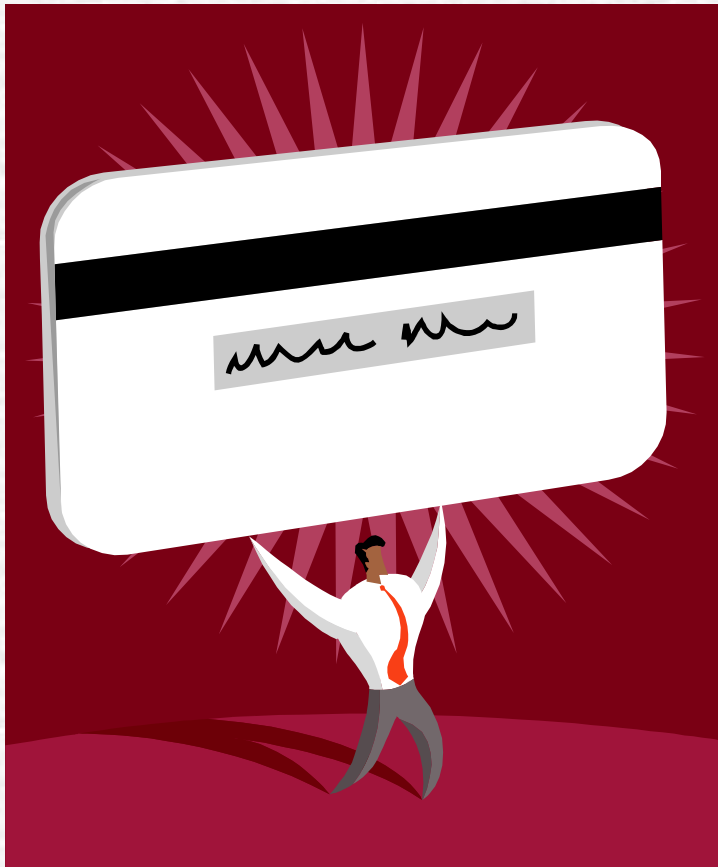
*Does eating
just get out
of hand
sometimes?*

The Compulsive Eating Cycle





From "You Can't Quit 'til You Know What's Eating You: Overcoming Overeating" by D

Take Charge!



- ☛ *Emotions and Body Image* can be improved with action.
- ☛ Little steps bring big rewards.

- 
- ✔ Look at yourself as a “whole”- do not break your body down into bits and pieces
 - ✔ Replace unhealthy attitudes with healthy, more positive thoughts
 - ✔ Be assertive in expressing your needs.
 - ✔ Weight and appearance is not who you are – put your appearance in perspective!
- 

Changing Body Image


- ✎ Write down 4 things you like about yourself (2 Internal & 2 external), and repeat those to yourself 5 times a day
- ✎ Exercise for fun, not to work off calories
- ✎ Accept all body types – most importantly YOUR OWN!



Be an Active Participant

- ☛ Stop the excuses
- ☛ Take the responsibility
- ☛ Remember your purpose....

....I will become aware of attitudes, habits and eating patterns that have kept me at an undesirable weight.....



Breaking the Compulsive Eating Cycle (1 of 2)

- ✓ Break it at any point
 - With practice, new behaviors develop
- ✓ Stop the deprivation
- ✓ Trust yourself
- ✓ Listen to yourself and your body and what it's telling you
 - I've had enough...
 - I need alone time...
 - I want to say no...



Breaking the Compulsive Eating Cycle (2 of 2)

- ☛ Pay attention to what you're feeling before you start eating or while you are eating.
 - E.g. Boredom, anger, fear, stress, fatigue
- ☛ Take new action instead of eating
 - Identify what you are feeling
 - Choose resolution instead of stuffing
 - List options for resolution (confront, forgive)
 - Take action

Practical Eating Tips



- ✓ Purpose of Variety
- ✓ Eating Out
- ✓ Cooking at Home

When Selecting Foods Remember How They Make You Feel...



Carbohydrates

- The Basics - milk, fruit, bread, pasta, rice, cereal, potatoes
- High Sugar – soda, juice, candy, etc.

Mood

- ✓ Energy for Exercise
- ✓ Relaxed
- ✓ Too many →
 - Sleepy
 - Groggy
 - Unable to concentrate



Protein

Foods - meats, fish,
poultry, eggs,
cheese, cottage
cheese,
nuts, beans

Mood

- ✓ Alert
- ✓ Energy for the long haul
- ✓ Improved concentration
- ✓ Strength



Fat -

A little goes a long way

Foods - oil, salad dressing, margarine, gravy, fried foods, meat fat

Mood

- ☛ Reduces cravings
- ☛ Makes food “last” longer
- ☛ Increases pleasure by helping body produce endorphins
- ☛ More enjoyment by improving flavor and texture of food

Aim For a Combination of All Nutrients



For example:

Tuna Salad
Sandwich, Apple,
Milk

vs.

Vegetable Salad &
Diet Soda

Experience the Eating Process

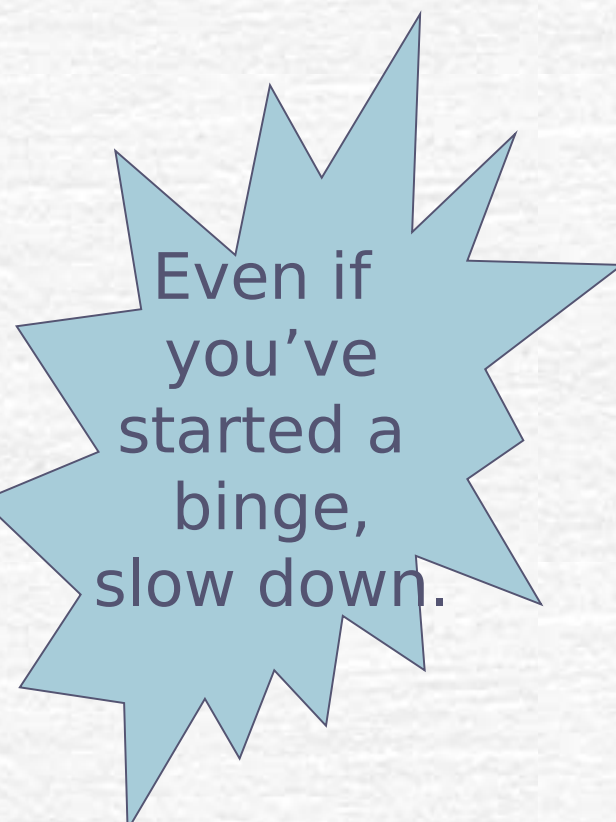
Texture

Smell

Appearance

Temperature

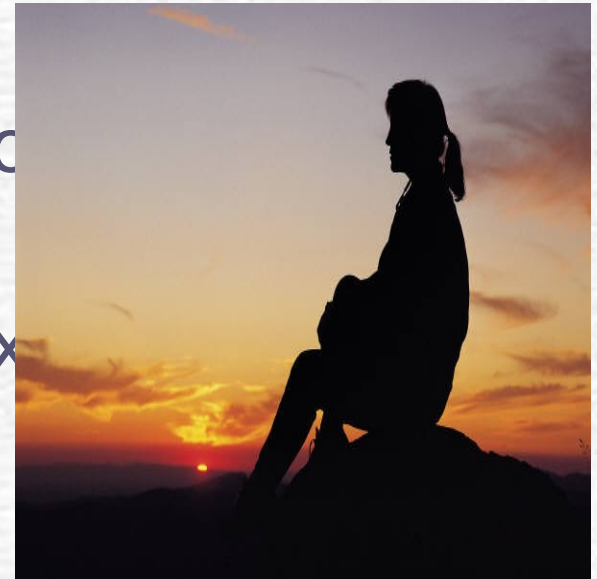
Taste



Even if
you've
started a
binge,
slow down.

Become a Conscious Eater

- Eat when physically hungry.
- Reduce the number of distractions.
- Eat only when sitting.
- Eat when body & mind are relaxed.
- Eat appealing foods.
- Eat Slowly!
- Listen to your fullness.



Eating Away From Home:

- ☛ Enjoy the whole “dining out” experience
 - Notice the furnishings, drapes, lighting, décor
 - Notice sounds. Can you hear other diners, servers, the kitchen staff? Is music playing?
- ☛ Talk about something that interests you
- ☛ As you eat, try to guess what ingredients were used in your meal
 - Vegetables, spices, herbs

Eating Away From Home:

- ✔ Never go out to eat “starving”
- ✔ Order what you want
- ✔ Ask for a doggy bag
- ✔ Split a dinner/meal
- ✔ Order a “kids” meal
- ✔ Ask the server to bring only 1 basket of chips or 1 roll to the table before the meal
- ✔ Remember physical hunger and finishing when just satisfied

Home Meal Preparation

- ✓ Decrease amounts made
- ✓ Use smaller bowls, plates, cups, etc...
- ✓ Freeze leftovers for another meal
- ✓ Serve food before sitting down – don't bring the whole bowl to the table
- ✓ Experiment with recipes to increase nutritional value
- ✓ **There is nothing wrong with making a health-conscious decision!**

Weight Management Program Wrap Up

- ✓ Reject the diet mentality
- ✓ Retrain your thinking–
 - You deserve to be fed regularly with foods that increase energy and meet your needs
- ✓ Listen to your internal hunger cues -
 - Eat when you are hungry
 - Stop when you are just satisfied
- ✓ Stay hydrated
- ✓ Focus on slow weight loss
 - Measure inches


Weigh to Live Wrap Up

- Become more active
- Maintain a positive relationship with food
- Set realistic, appropriate goals for yourself.
- Take responsibility
- Be prepared for ups and downs



And Remember.....

Real long term weight
control requires
fundamental
changes in lifestyle.

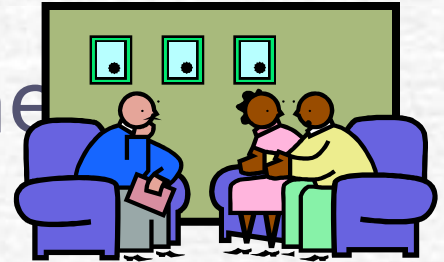


You can do this!



We Are Here to Help YOU

- ☛ Weigh in monthly on “our” scale
- ☛ Come back every three months for your official follow up appointment.
- ☛ Come see us when you feel bad and when you don’t.
- ☛ Don’t be afraid to ask for help thru the tough times.





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